Psychological Health

1. **Have plenty of friends and rely upon them for support!**
2. **A positive outlook and expectations!**
3. **Frequent peak experiences!**
4. **Religious and spiritual involvement.**
5. **Increased sensitivity.**
6. **Ability to adapt to changing conditions!**
7. **Rapid response and recovery of adrenaline system due to repeated challenges.**
8. **Involved with physical activity!**
9. **Skills to identify and communicate feelings to others.**
10. **Frequent experiences of gratitude, generosity, and related emotions.**
11. **Gives to others!**
12. **A great sense of humor!**